Clinical Trial Protocol
Iranian Registry of Clinical Trials

08 Nov 2026

The effectiveness of emotion regulation strategies training on improving interpersonal relationships, self-control, and academic help-seeking in students

Protocol summary

Study aim
Determining the effectiveness of emotion regulation strategies training on improving interpersonal relationships, self-control, and academic help-seeking in female students in Ahvaz

Design
A controlled clinical trial with parallel, unblinded, randomized groups on 50 female students. The rand function of Excel software was used for randomization.

Settings and conduct
This quasi-experimental study is conducted in a school setting with a pretest-posttest design with a parallel control group. The participants are female high school students in Ahvaz who are selected from public or private schools using a multi-stage cluster sampling method. Emotion regulation training sessions for the intervention group are held in groups, face-to-face, and weekly for 8 to 10 sessions. Blinding is not performed.

Participants/Inclusion and exclusion criteria
Inclusion criteria: Female students, residing in Ahvaz city, declaration of consent of the subject and their parents to participate in the research. Inclusion criteria: Subject's participation in other educational or therapeutic interventions simultaneously, having disorders such as visual impairment or hearing impairment, having psychological problems affecting cognitive functions as diagnosed by the school psychologist.

Intervention groups
Intervention group: Female students who participate in emotion regulation strategy training sessions. Control group: A group of similar students (in terms of age, academic level, baseline psychological status) who receive no training or are considered as waiting list. Type of intervention: Group psychological training

Main outcome variables
Interpersonal relationships, self-control, academic help-seeking

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: **IRCT20250709066431N1**
Registration date: **2025-08-16, 1404/05/25**
Registration timing: **prospective**

Last update: **2025-08-16, 1404/05/25**
Update count: **0**

Registration date
2025-08-16, 1404/05/25

Registrant information
Name
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Name of organization / entity
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Recruitment status
Recruitment complete
Funding source

Expected recruitment start date
2025-08-20, 1404/05/29
Expected recruitment end date
2026-01-19, 1404/10/29
Actual recruitment start date
empty
Actual recruitment end date
empty

Trial completion date
empty

Scientific title
The effectiveness of emotion regulation strategies training on improving interpersonal relationships, self-control, and academic help-seeking in students

Public title
The effectiveness of emotion regulation strategies training on improving interpersonal relationships, self-control, and academic help-seeking in students

Purpose
Education/Guidance

Inclusion/Exclusion criteria

Inclusion criteria:
Female students Living in Ahvaz city Declaration of consent of the subject and their parents to participate in the research

Exclusion criteria:
Subject's participation in other educational or therapeutic interventions concurrently Having disorders such as visual impairment or hearing impairment,

Age
From **6 years** old to **20 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **50**

Randomization (investigator's opinion)
Randomized

Randomization description
The selection will be done through a simple randomization method. According to this method, the names of each selected member will be written on paper as research samples, placed in a box for drawing, and then the pieces of paper will be drawn one by one. The first 15 individuals (1 to 25) will be part of the experimental group, and the next 15 individuals (26 to 50) whose names are drawn from the box will be members of the control group.randomization.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethics Committee of Islamic Azad University, Ahvaz Branch

Street address
Islamic Azad University Ahvaz Branch، Farhangshahr، Golestan Highway

City
Ahvaz

Province
Khouzestan

Postal code
3733361349

Approval date
2025-05-08, 1404/02/18

Ethics committee reference number
IR.IAU.AHVAZ.REC.1404.067

Health conditions studied

1

Description of health condition studied
The effectiveness of emotion regulation strategies training on improving interpersonal relationships, self-control, and academic help-seeking in students

ICD-10 code
Z55.4

ICD-10 code description
Educational maladjustment and discord with teachers and classmates

Primary outcomes

1

Description
Interpersonal relationships

Timepoint
Once before the study, i.e. the start of the educational intervention, and then after completing 10 educational sessions, about two months after the start of the intervention.

Method of measurement
Communication Skills Questionnaire (CSQ)

Secondary outcomes

1

Description
Seeking academic assistance

Timepoint
At the beginning of the study (before the start of the educational intervention) and immediately after the end of the educational sessions, about two months after the start of the study

Method of measurement
Educational Needs Questionnaire (ESQ)

2

Description
Self-control
Timepoint
At the beginning of the study (before the start of the educational intervention) and immediately after the end of the educational sessions, about two months after the start of the study
Method of measurement
Self-Control Scale (S-CS)

Intervention groups

1

Description
Intervention group: Description of the intervention (training in emotion regulation strategies): Protocol: Based on the Gross model (Gross, 2015) with 10 60-minute sessions (2 sessions per week) Content: 1. Identifying emotions (training in recognizing primary and secondary emotions) 2. Cognitive restructuring (changing ineffective appraisals of situations) 3. Emotion regulation techniques (diaphragmatic breathing, thought stopping, gradual exposure) 4. Emotional problem solving (steps of problem identification, solution generation, and outcome evaluation)
Category
N/A

2

Description
Control group: The control group consists of students who do not participate in any intervention and only participate in the pre-test and post-test phases. This group is used for comparison with the intervention group to determine whether the observed changes are due to the intervention or other factors.
Category
N/A

Recruitment centers

1

Recruitment center
Name of recruitment center
Islamic Azad University, Ahvaz Unit
Full name of responsible person
Fatemeh Sadat Marashian
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Sponsors / Funding sources

1

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Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Islamic Azad University
Proportion provided by this source
100
Public or private sector
Public
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
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Shadieh Ghaydnazeri
Position
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Latest degree
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Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be a plan to make this available
Statistical Analysis Plan
Not applicable
Informed Consent Form
Undecided - It is not yet known if there will be a plan to make this available
Clinical Study Report
Not applicable
Analytic Code
Not applicable
Data Dictionary
Not applicable